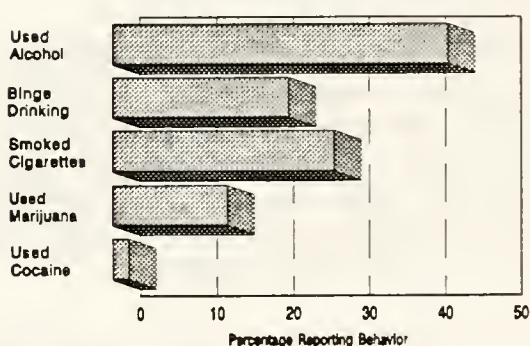


Nearly 30 percent of students reported ever using marijuana with 15 percent using it in the past month (Figure 11). Ever-use of marijuana, cocaine, and steroids was higher among students of other races than among whites and blacks.

A particularly notable finding may be that nearly half of high school students reported they had never or only once during the past year received information about alcohol or drugs in health or other school classes. *Further*, nearly 60 percent reported that never or only once in the past year had they received information from their parents about alcohol or drugs.

**FIGURE 11**  
Percentage of High School Students Reporting  
Specified Behavior During Last 30 Days  
North Carolina 1993



Source: Youth Risk Behavior Survey, N.C. Department of Public Instruction, March 1993

National objectives for substance use/abuse are numbers 3.5-4.11 of Appendix 1.

## NUTRITION

### *Overweight*

Overweight is a major cause of preventable disease. The greatest health risk of overweight in adolescence is its persistence into adulthood and the resulting risk of heart disease, diabetes, and stroke.

Body Mass Index (BMI) is calculated by dividing weight in kilograms by the square of height in meters. The cutpoints used to define overweight

are the age-sex-specific 85th percentile values for the combined samples of U.S. children examined in the first two National Health and Nutrition Examination Surveys (NHANES I and NHANES II, 1971-1980).<sup>26</sup>

Data from NHANES II and NHANES III show that 15 and 21 percent of U.S. adolescents aged 12-19 were overweight in 1976-80 and 1988-91 respectively.<sup>7,27</sup> The U.S. objective for adolescent overweight is to prevent an increase above the 1976-80 baseline of 15 percent (Objective 2.3 in Appendix 1).

Using 1988-91 data from the state's Child Health Program (see page 19), Table 22 shows, for each age and sex, the numbers and percentages of total, white, and black adolescents above the NHANES 85th percentile. The numbers of cases were insufficient to examine the data for American Indians and Hispanics.

The percentages of Table 22 will be used as baselines against which to compare future prevalences of overweight among health department adolescents. Compared to 29.3 percent in 1988-91, the overall prevalences of overweight among Child Health Program participants aged 12-18 were 30.8 and 29.6 percent in 1992 and 1993 respectively.

### *Risk Factors*

The following data are again derived from the 1993 YRBS:

- Asked about foods they consumed the previous day, the following percentages of high school students said they did **not** eat the specified foods: fruit or fruit drink, 32%; green salad or raw or cooked vegetables, 46%; hamburger, hot dogs, sausage, or barbecue, 48%; French fries or potato chips, 36%; cookies, doughnuts, pie, or cake, 40%. Males and blacks were more likely than females and whites to eat the "high-fat" foods.